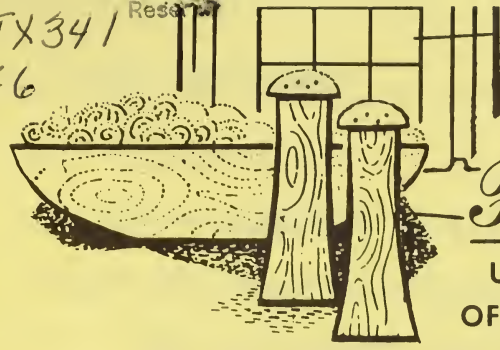


## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



2TX341  
F6



# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF COMMUNICATION WASHINGTON, D.C.

March 25, 1974



In This Issue:

- 1) Xanthum Gum
- 2) Labels: Meat Percentages
- 3) New Feature To Start:  
On Food Preservation
- 4) Chart on Turkey Prices

Tomato catsup (ketchup) is flavored with sugar, salt, vinegar, spices, and sometimes onion and garlic.

\* \* \*

Tomato puree may only be seasoned by salt. Most people like to add more seasonings to it. It's a little thicker than tomato sauce but not as thick as tomato paste.

\* \* \*

Don't try to freeze some foods -- such as cooked egg whites -- they toughen. Salad greens lose their crispness and become soggy.

\* \* \*

Don't thaw foods at room temperature -- try to arrange to thaw them in the refrigerator.

\* \* \*

How to heat frozen food? Preheat oven to 400° hot, remove freezer wrap, and place food in baking pan.

\* \* \*

## ON FOOD ADDITIVES ----and Xanthum Gum

Xanthum gum is a binder or extender produced by the fermentation of corn sugar. It's an extract from micro-organisms which holds moisture in products such as barbecue sauce or meat sauces and gravies. It's also nontoxic to man and animals and has been approved as safe for use in foods by the Food and Drug Administration.

It's now used as a binder or extender in certain meat and poultry products and may be used in canned or frozen chili, beef stew, chicken salad or batter or even breading mixtures according to USDA's Animal and Plant Health Inspection Service. It is already used in candy bars, cream cheese and some other products. It improves texture and stability, especially during freezing and thawing.

Xanthum is a self-limiting product, or ingredient, because only a small amount is needed to benefit the texture of the product. The product would look and taste rubbery if too much was used.

5847

USDA 734-74

U.S. DEPT. OF AGRICULTURE  
NATIONAL LIBRARY  
APR 1 1974  
RECORDS SECTION

## ON UNDERSTANDING THE LANGUAGE

## —of Standards and Federal Inspection

Do you wonder what percentages of meat are in a product if it bears the mark of federal inspection? You can tell, if you just learn a few rules. The U.S. Department of Agriculture checks each name against the recipe to be used to see what's really inside the package.

If you get a product labeled "beef with gravy", it must contain at least 50% cooked beef. But, if it reads "gravy with beef", it needs only 35% cooked beef. See the difference? The key word is the one that appears first on the label.

In buying baby food you may notice one marked "high meat dinner" --that's at least 30% meat. If the word "meat" is first, such as in "meat and broth" you'll find at least 65% meat. On the other hand, if it says "vegetables and meat", you'll have at least 8% meat. Once again, the key word is first.

Barbecue sauces and meat sauces also have their cooked basis percentages: Barbecue sauce with meat--at least 35% meat; beans and meat in sauce--at least 20% meat; beef and pasta in tomato sauce--at least 17-1/2% beef.

Do you wonder about the combination foods...Beef Burgundy--at least 50% beef; enough wine to characterize the sauce. Beef stroganoff--at least 45% fresh uncooked beef or 30% cooked beef, at least 10% sour cream or a "gourmet" combination of at least 7-1/2% sour cream and 5% wine.

Beef with barbecue sauce--at least 50% beef. If the item reads Burgundy sauce with beef and noodles, then the key words are sauce, not beef, so it must have at least 25% beef and enough wine to characterize the sauce.



## FOOD PRESERVATION

NEW Feature

## — Series to Start —

Interested in canning, freezing, drying and the storage of food? A new series of articles will be featured in Food and Home Notes on "Food Preservation," with the cooperation of Dr. Evelyn H. Johnson, specialist in Food and Nutrition, Division of Home Economics, Federal Extension Service, U.S. Department of Agriculture.

A fascinating story dating back to published results of experiments in food preservation in 1795 will be reported. Since that time the art of preserving food -- with one method or another -- has developed through the years. A revival of interest in this area sparked the need for a series to include questions and answers on preserving and a national round-up of available information materials. Anyone who wishes to contribute to the "library" of information for this series may send media materials to Dr. Johnson, FES, Room 5038S, USDA, Washington, D.C. 20250 or to the Editor of Food and Home Notes.

Basically, the idea behind the series is to emphasize food safety and to eliminate some of the problems arising from the current lack of information on home methods of food preservation. Many people are also interested in preserving food because of their creative interest in foods, and some stress the economic justifications. Whatever your interest--the series will offer valuable information in this food area. First of the series will focus on home gardening --and what to do with your results.

## FOR POULTRY IN FAMILY MEALS —

Turkey is often a good buy. The price per pound of whole turkey, ready-to-cook, and of turkey parts and turkey products providing equal amounts of cooked turkey meat for the money:<sup>1</sup>

If the price per pound of whole turkey, ready-to-cook is—	Turkey parts and products are an equally good buy if the price per pound is—										
	Breast quarter	Leg quarter	Breast, whole or half	Drumstick	Thigh	Wing	Turkey roasts		Boned turkey, canned	Turkey with gravy, <sup>4</sup> canned or frozen	Gravy with turkey, <sup>5</sup> canned or frozen
							Ready-to-cook <sup>2</sup>	Cooked <sup>3</sup>			
Cents	Cents	Cents	Cents	Cents	Cents	Cents	Cents	Cents	Cents	Cents	Cents
51 .....	57	55	65	52	62	47	89	117	115	45	19
53 .....	60	57	68	54	65	49	93	122	119	46	20
55 .....	62	59	70	56	67	51	96	126	124	48	21
57 .....	64	61	73	58	70	53	100	131	128	50	21
59 .....	66	63	75	60	72	55	103	136	133	52	22
61 .....	69	66	78	63	75	56	107	140	137	53	23
63 .....	71	68	80	65	77	58	110	145	142	55	24
65 .....	73	70	83	67	80	60	114	150	146	57	24
67 .....	75	72	85	69	82	62	117	154	151	59	25
69 .....	78	74	88	71	85	64	121	159	155	60	26
71 .....	80	76	91	73	87	66	124	163	160	62	27
73 .....	82	78	93	75	89	68	128	168	164	64	27
75 .....	84	81	96	77	92	69	131	172	169	66	28
77 .....	87	83	98	79	94	71	135	177	173	67	29
79 .....	89	85	101	81	97	73	138	182	178	69	30
81 .....	91	87	103	83	99	75	142	186	182	71	30
83 .....	93	89	106	85	102	77	145	191	187	73	31
85 .....	96	91	108	87	104	79	149	196	191	74	32
87 .....	98	94	111	89	107	80	152	200	196	76	33
89 .....	100	96	113	91	109	82	156	205	200	78	33
91 .....	102	98	116	93	111	84	159	209	205	80	34
93 .....	105	100	119	95	114	86	163	214	209	81	35
95 .....	107	102	121	97	115	88	166	218	214	83	36
97 .....	109	104	124	99	119	90	170	223	218	85	36
99 .....	111	106	126	101	121	92	173	228	223	87	37

<sup>1</sup> Based on yields of cooked turkey meat excluding skin, medium to large birds.

<sup>2</sup> Roast, as purchased, includes 15 percent skin or fat.

<sup>3</sup> Roast, as purchased, has no more than one-fourth inch skin and fat on any part of surface.

<sup>4</sup> Assumes 35 percent cooked boned turkey, minimum required for product labeled "Turkey with Gravy."

<sup>5</sup> Assumes 15 percent cooked boned turkey, minimum required for product labeled "Gravy with Turkey."

## COMMENTS AND INQUIRIES TO:

Shirley Wagener, Editor of Food and Home Notes, Press Service, Room 535-A, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone (202) 447-5898.